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Canada Day celebrations
See pages 2 and 4 for this year's events.

Dorset Heritage Day
See information on page 5.

Kate Wilson, 7, and Jess Wilson get ready to cast at the annual fishing derby on Canada Day in Minden last year. The derby saw over 300 participants and prizes donated from businesses across the county. /FILE

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Canada Day in the Highlands

VIVIAN COLLINGS
County Life Editor

Broden McCrea, Kennedy Anderson, and Addison Kulas take a break from fishing to smile for a photo. /FILE

School's out for summer!

And what better way to kick off a couple of months of swimming, boating, biking, hiking, paddling, and relaxing than with a weekend packed full of activities?

Here's a list of just some of the events happening around the county to celebrate Canada Day and the kick off to summer.

Minden

The tradition returns on Main Street in Minden for Canada Day celebrations on Monday, July 1. Here is a list of all Minden events.

Downtown:

7:30 a.m.: Fishing Derby (for ages 14 and under) registration starts.

8 a.m.: Fishing Derby begins (lifejackets required)

8 a.m.: Minnow races start, sponsored by the Minden Legion

10:15 a.m.: Opening Ceremonies

11 a.m.: Last call for Fishing Derby weigh-in

1 to 2 pm: Rob Power, Master Magician strolling performance.

Minden Hills Cultural Centre (176 Bobcaygeon Rd., Minden):

10 a.m. to 4 pm: Tour the Museum & Heritage Village, Nature's Place, and the Agnes Ja.m.ieson Gallery. Hands-on activities and progra.m.s all day.

10 a.m. to 2 pm: Air Bounce Inflatables

11 a.m. to 12 pm: Rob Power, Master Magician performance

12 to 1 p.m.: FREE ice cream. sponsored by Kawartha Dairy (while supplies last)

Fireworks at Minden Fairgrounds (2048 Fleming Rd., Minden):

The Fireworks display scheduled for Canada Day evening will be held at the Minden Fairgrounds, as part of the Township's celebrations.

From 10 a.m. to 2 p.m. you can check out the vendors and exhibitors downtown.

Reminder: Bring a refillable water bottle to use, as we will have a water buggy on site!

Road Closures:

The following road closures will be in effect during the event:

Water Street from Bobcaygeon Road to St. Germaine Street

Prince Street from St. Germaine Street to Water Street

Milne Street from Newcastle Street to Prince Street

Cardiff

Celebrations in Cardiff take place from 9 a.m to 11 a.m. at the Cardiff Legion, 2733 Monck Road.

The Royal Canadian Legion will host breakfast at the Legion.

Highland Grove

From Noon to 3 p.m. at the Kidd School House Museum, 5373 Loop Road, tons of fun can be found in

see page 4

County Life

The following inserts are being distributed with County Life this week:

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For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

Canada Day Savings Event

2023 MONTEREY M20

Mercruiser 4.5 250hp, 250hp, Tonneau & Bow Cover, Snap in Woven Flooring, Seadek on Swim Platform

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SAVINGS OF $19,717

2023 MONTEREY M225

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Mercruiser 4.5 250hp, Tonneau & Bow Cover, Bimini Top, Depth Sounder, Snap in Woven Flooring, Seadek on Swim Platform

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Canada Day in the Highlands

from page 2

Highland Grove with children's crafts, local entertainment, horseshoes and a barbecue. The museum will be open.

Wilberforce

The flag raising ceremony will take place at the iconic Red Cross Outpost Museum, 2314 Loop Road, followed with live entertainment, sandwiches and cake.

From Noon to 3 p.m. head over to the curling club for games.

Tory Hill

Join Phil O'Reilly in the park From 1:00 p.m. to 4:00 p.m. at the park, Highway 118 & County Road 503 for live music and stories of local history. Bring your lawn chair.

Gooderham

From 3:00 p.m. to 10:30 p.m. at the Community Centre, 1043 Community Centre Road, Gooderham will have children's activities, face painting, a clown, cake, BBQ, an Irondale display, and live entertainment featuring The Recycled Teenagers starts at 7 p.m. Fireworks start at about 10 p.m.

West Guilford

If that wasn't enough, here's a schedule for West Guilford's events.

Cake was served at the Canada Day celebrations held at the Gooderham Community Centre on July 1, 2023. /FILE

A crowd listens to live music on July 1 in Tory Hill.

9:30 a.m: Pine Lake Swim
10 a.m.: Horseshoe Tournament Begins, Snack Bar opens
Noon: Opening Ceremonies
1 p.m.: Waterfront Races
2 p.m.: Field Races
3 p.m.: Stand Up Paddle Boarding (14yrs. and up) by SUP North, Parent & Child Soccer Baseball
4 p.m.: Crosscut (Adults) and Nail Drive Competitions (Adults and Children)
4:30 p.m.: Kids' Talent Show
5 p.m.: Closing Announcements, Beef BBQ Dinner
Dusk: Fireworks Display over Pine Lake

The Minden Rotary Club served up hot and ready barbecue to all the Canada Day visitors in downtown Minden last year.

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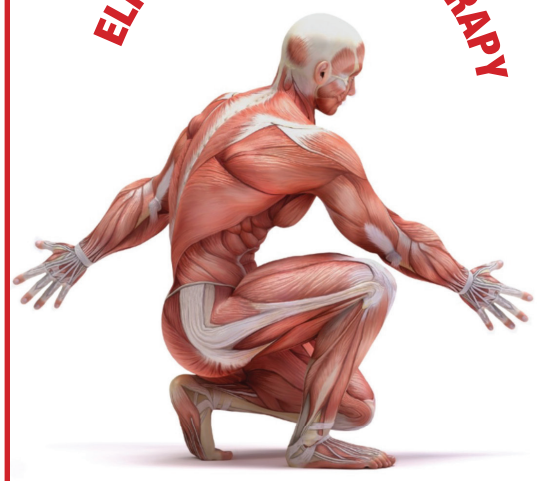

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Visiting the past in Dorset

Take a step back in time with Dorset Heritage Day at the Dorset Heritage Museum on Saturday, June 29. Outdoor exhibits will include steam-powered machinery, antique automobiles and tractors, as well as a visit from the 35th Battalion, as well as indoor exhibits. A unique marketplace will feature everything from woodworking pieces to vinyl records to maple syrup to art and jewelry. There will be children's activities, face-painting and a photo booth, as well as a quilt and afghan raffle. The Dorset Lions Club will be on site offering a barbecued lunch. The event runs from 10 a.m. to 3 p.m. and will take place rain or shine. Admission is free, but donations to the museum are always welcome. /Submitted

HAPPY CANADA DAY

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Summer's here

KATE BUTLER
Special to *County Life*

THAT LONG AWAITED season is finally upon us – summer has officially arrived in the Highlands! No matter your age, the last few days of June always seem to bring with them that excitement of childhood, of a summer that seems to stretch out endlessly into the distance, full of possibilities. As adults though, it can then seem like summer flies by in a flash and before we know it, it's September again. So, how do we ensure we take advantage of all that summer has to offer?

We can start with being fully present to the simple joys of the season, especially those things that perhaps just aren't quite the same any other time of year. You might decide to head to a local farmers' market to pick up foods that have been grown locally and are at the peak of freshness. Maybe it means treating yourself to that ice cream cone you really want on a warm day. It might mean sitting on a front porch or in a park, enjoying the sunshine and taking in the world around you, rather than scrolling. Maybe it's a stack of books from the local library to be read purely for pleasure and giving yourself the gift of the time to truly enjoy them. Perhaps you'd prefer to get out on the water to fully appreciate the beautiful lakes and rivers which are such an important part of our landscape.

These sorts of simple pleasures connect us all the way back through our community's history as well. Some of my favourite photos from our collection at the Haliburton Highlands Museum show local residents making the most of summer decades ago. Some images show residents at the village swimming hole just above the bridge on Highland Streer, cooling off on a hot day. (While there, they may have used the top of the Black Bridge on Highland Street as a diving platform, though of course they would never tell their parents they did that!) Other photos give us a glimpse of picnic meals which look so welcoming it feels as you could step right into the image and join them for lunch. Many images show families and groups of friends camping on the shores of local lakes or enjoying the peace and quiet of a trip to a local cottage. Still others show bustling gatherings at the local fairgrounds and the shared community excitement of parades and carnivals organized by local service clubs and organizations.

As well as simple pleasures, this is another way that we can make the most of summer – by coming together to enjoy all the amazing activities and events our community has to offer! You might head to Canada Day celebrations in Minden or West Guilford or spend a Tuesday evening listening to live music in Head Lake Park, thanks to Haliburton Rotary and the Haliburton Folk Society. You could head to the Northern Lights Performing Arts Pavilion to take in some live theatre or opera. Perhaps you might even add a historical walking tour or boat tour to your summer plans! To make certain you don't miss out on the events across the County that are going to add magic to your summer, remember to pick up your copy of the Echo's Summer Guide and to check the Echo, Times and County Life each week for all the latest. There's something for everyone in the Highlands in the summer, so let's make the most of it!

Top 10 ways to tell if the fireworks are fake

WITH THE long weekend rapidly approaching, we are all about to see or hear some fireworks – whether we like it or not.

Most of them will be real. But there will be occasions where they are so wimpy or so overpowering that you are unsure. That's why I came up with the top 1o ways to tell if the fireworks are fake.

STEVE GALEA
Humour Columnist

Here they are:

1. Your dog is sitting calmly beside you.
2. The pyrotechnics guy walked in with a Bic lighter and a pot of beans.
3. Local emergency room is remarkably quiet.
4. The guy that's setting them up not sporting fashionable eye patch.
5. Volunteer firefighters don't know what to do with their spare time.
6. Guy with megaphone keeps yelling, "Bang!" and "Boom!"
7. Curtain drops to reveal man throwing up Christmas lights hooked to a long extension cord up in the air.
8. The airborne explosion is accompanied by propane tank, barbecue and $30 steak.
9. After she kisses you, she asks you to buy her a Porsche.
10. The pyrotechnics guy walks in with box of laser pointers and is followed by too many cats.

Kaleidoscope eyes

Sinking sun late afternoons
Fairy stuff of Mays and Junes
When old twigs sprout neon leaves
Different branches, different tunes

Hermit thrushes, phoebe, jay
Last one bullies all away
Nuthatch, downy, finch and wren
Ruby-throat has less to say
Soon to sleep though, darkness near
Just a distant loon to hear
Aspens humming nonetheless
Turning light to music clear

Sinking sun late afternoons
Fairy stuff of Mays and Junes
When old twigs sprout neon leaves
Different branches, different tunes

From the shimmer set by breeze
Like kaleidoscopes, the trees
Send their holy fractured gleam
To the poets' urge to please
Not admirers nor a book
But the self when passions hook
Sundown's glinting backlit play
Straight to souls obliged to look

By Deborah J Reed

My Canada

IRV HANDLER

Special to *County Life*

Back when my father was attempting to leave the devastation of post-WWII Europe, he had a choice of immigrating to either Toronto or New York. There was a period of time in the late 60s and early 70s when I regretted his decision to settle in Canada. In those years, I was dazzled by the wonders of the American space program, American television, the Beach Boys and the endless aisles of American junk food not available in Canada (Fruit Stripe Gum and Necco Wafers being my favourite American candy). The United States just seemed like a shinier, more exciting version of Canada. In fact, there a joke back then that suggested that the only difference between a Canadian and an American was that Canadians knew the difference between a Canadian and an American.

Things have changed a great deal since then. I no longer yearn to be an American and have even made a point of avoiding visiting the US, even as a tourist. Now a joke told by Americans suggests that a Canadian is just an American with health insurance and gun control. Neither of the two jokes are particularly accurate and both short-change the incredible privilege it is to be living in Canada.

The list of things I appreciate about Canada is long and varied. While America appears to be tearing itself apart in a vicious and endless partisan battle, Canada continues to embrace compromise and civil discourse. I think it is a peculiarity of our country that when two Canadians bump into each other, both parties say they are sorry. My new favourite joke is that one day the whole world will be Canadian, and then you'll all be sorry.

Crime is significantly lower in Canada than in the US. Our social safety net is more robust and although our health care system is under stress, I still appreciate the peace of mind of knowing that a catastrophic illness will not bankrupt me and my family. And while not everyone in Canada shares my progressive values, the country as a whole supports our social freedoms including LGBT rights, freedom of reproductive choice and medical assistance in dying.

What appeals to me most, as a Canadian, is the bond I am able to forge with my fellow citizens. Canada's multiculturalism has made us a more interesting and vibrant society. I spent a career working in Toronto's financial district with immigrants from virtually every country on the planet. Employees, management and even customers always enjoyed sharing their cultural traditions and especially their ethnic foods (yummy), particularly during the holidays. I developed a lasting love of Asian food and always make a point of trying out a new cuisine whenever I am in Toronto.

Living in Haliburton, I would be remise if I did not mention the physical beauty of our great country. Canada has the second largest land mass of any country in the world and the world's longest coastline. The variety of geographic terrain is phenomenal. From the rugged Martine coastlines, to the forests of Ontario and Quebec, to the endless sightlines of the prairies (where, it is said, that on a clear day you can see the back of your own head), to the majesty of the Rockies and the beauty of BC's old growth forest.

Pierre Burton, a Canadian writer and broadcaster, once defined a Canadian as someone who knows how to make love in a canoe. Now I don't suggest you follow Pierre's advice, (not without a lifejacket, in any case), but this Canada Day, honour our country by taking advantage of Haliburton's many natural wonders. Go for a canoe ride or swim in one of our pristine lakes, hike one of our many forest trails or just sit back on a dock and enjoy the sunset with a beer. And remember, hockey season is only 95 days away.

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10AM . . . PINE LAKE SWIM REGISTRATION
1PM . . . OPENING CEREMONIES
. . . O'CANADA,
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. . . BEST DECORATED BIKE
. . . PINE LAKE SWIM WINNERS
2PM . . . FIELD RACES, TUG OF WAR
3PM . . . WATER RACES
4PM . . . NAIL DRIVE,
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5PM . . . ROAST BEEF DINNER
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Time and place: Haliburton's Rail Trail

WALTER AND I learned a very important lesson this week. When selecting hiking spots, consider the season, time of day and place. On a warm June evening last week, Walter and I ventured to Dahl Forest. I have been on several fall hikes there through Hike Haliburton and have always enjoyed them. This was my first time visiting in June, and Walter and I lasted about 10 minutes before we both did an about-turn and ran back to the refuge of the car. We were accompanied by a swarm of deer flies that were so abundant, no communication was necessary. Walter and I had the same reaction, it transcended interspecies communication - run, fast, back to the car!

KAREN PHIPPS
Walter & Me

So much about life is figuring out the right time and place. As a teacher, I remember on numerous occasions trying to instill that unspoken rule of when and where certain language , behaviours and actions were considered appropriate. Tricky stuff and always changing. Hard to teach to humans, very challenging to teach to a hound.

As a hound parent, I often feel that I do my share of apologizing for certain lapses in Walter's social etiquette. My little Westie is cute, charming, generally inoffensive to most people, but Walter doesn't slide through life that easily. I sometimes ask myself if it is my job to help him acquire more palatable social graces or is it my job to help people recognize and appreciate his unique spirit?

My strategy with many difficult situations is to ignore them and hope they work themselves out. Sometimes effective but not always the most empowering or productive. I have noticed that Walter's full body expression can sometimes frighten people. His bark is definitely louder than his bite, (so loud in fact that my watch starts to flash a warning "exposure to dangerous noise levels"), but hard to explain as I am yelling his virtues over the roar of his bark while trying to physically maintain control of him.

These days his number one pet peeve is any vehicle that dares drive past him. At one time, we could share road space without any big feelings. Lately Walter has taken any motorized vehicle as a personal affront. This looks like loud barking, lunging for the cars, me holding on to his harness with all my strength while smiling at the drivers in a friendly manner trying to overcompensate for my Cujo behaving canine. Oh Walter, time and place!

As I was trying to think of an alternative hike that offered fewer close encounters with the insect kingdom, I passed the entrance to the Haliburton Rail Trail. There is an ample parking lot just off Hwy 21, across from the athletic field at the high school. I've always loved the flat terrain, wide paths and ever changing landscape of the Rail Trail. This scenic trail is a good reminder of times past and places that were once connected through the railway. This corridor was traveled by many on way to adventure, medical assistance and even young soldiers and nurses heading off to war.

The railway chugged through the corridor for 100 years with the final trip being made in 1978. In 1988 the rails were removed leaving a 35 km vein of cleared land that offers peace and tranquility and a diverse multi use corridor.

There is an abundance of wildflowers, wildlife, wetlands, farmlands and wooded canopies for shade. Bugs were tolerable for this time of year as there was always a nice gentle breeze. The Trail is well maintained and if riding a bike, it links onto the Victoria Rail Trail in Kinmount and continues for another 55 kms.

There is a certain truth to the proverbial expression that there is time and place for everything. Knowing the right time to explore a place, or make a change in your life, or just stopping to appreciate the moment, grounds us to the whirl of life. Understanding the expected behaviour, and having a sense of discernment for a situation also helps us to connect, empathize and flow with the stream. But then I wonder if we all did that, if we all followed the unspoken rules of what is considered appropriate, then we would be stuck in the confines of others' expectations. Time and place is a personal journey, and its power comes from recognizing our own truth, values, rhythm and making our voice heard so we can influence, contribute and mold our very own time and place.

Community Events

Send your event listing to classifieds@haliburtonpress.com

Coffee Drop In
When: Tuesdays 9- 11 am, Starting July
Where: Hope United Church, 7521 Highway 35, Norland
Come One, Come All. NBy Donation

Wilberforce Canada Day Celebration
When: Monday July 1 at 11:30 a.m.
Where: Red Cross Outpost Museum, 2314 Loop Rd, Wilberforce
Join us at the museum for the flag raising, music and refreshments. Visit www.facebook.com/wilberforceoutpost for more information or contact Barb Schofield at 705-448-2598 or wilberforcebarb@yahoo.ca.

Stanhope Heritage Museum Summer Season Opening
When: Saturday, June 29 from 11a.m. to 2 p.m.
Regular summer hours in July and August are Wednesday to Saturday 11 a.m. to 2 p.m.
Where: 1123 North Shore Road, Algonquin HighlandsThe museum opens for the season and new exhibits this year include: Local summer camp history featuring Camp Kawabi on Big Hawk Lake; The Maple Lake Settlement, and a re-fresh to the Historic Log Chute Model.
Contact: Township of Algonquin Highlands, info@alqonquinhighlands.ca or 705-489-2379

Youth Garden Club
When: July 2, 6 - 7 p.m.
Where: Minden Hills Cultural Centre, 176 Bobcaygeon Rd
Please join the Minden & District Horticultural Society Youth Garden Club on Tuesday July 2. The Youth Garden Club is for children in grade 2 or higher that want to explore their interest in all things that grow. The July meeting will be a Pollinator Field Study and Plant Pressing and will be held at the Cultural Center.

Minden and District Horticultural Meeting
When: July 2, 6:30 p.m.
Where: Minden Community Centre, 55 Parkside St
The Minden and District Horticultural meeting will take place Tuesday July 2. Doors will open at 6:30 pm. The speaker Sheila Ziman will be discussing 'Unique Baskets Using Material from the Garden & Nature'.

Friends of the Haliburton County Public Library Summer Book Sale
When: Saturday, July 6, 10 a.m. - 2 p.m.
Where: Dysart Branch, 78 Maple Avenue
A huge selection of gently read books for readers of all ages! Payment is by cash or cheque donation. Don't forget to bring a reusable bag. All money raised by the Friends of the Haliburton County Public Library supports library enhancements and programs in all branches in Haliburton County. Thank you for your continued support!

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calendar.highlandseast.ca

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Celebrate Canada Day
Monday, July 1

Celebrate Canada Day by exploring the communities of Highlands East. Start the day with breakfast at the Cardiff Legion at 9 am. At 11:30 there will be a flag raising ceremony in Wilberforce at the Red Cross Outpost followed by lunch and music. In Highland Grove from noon to 3 pm take in children's crafts, local entertainment, horseshoes, and BBQ. Kidd Schoolhouse Museum will be open. In Tory Hill enjoy music by Phil O'Reilly from 1 pm to 4 pm. Children's activities start at 3 pm in Gooderham with games, face painting, a clown, cake and refreshments. After enjoying a BBQ supper, the Recycled Teenagers will take to the stage at 7 pm.
The grand finale fireworks start about 10 pm.

Giant Penny Raffle
Saturday, July 20

Come to the Wilberforce arena where over 150 prizes will be drawn. Kids activities, and food. Doors open from 1 pm to 3 pm for early viewing. The main event starts at 5:30 pm with draws starting at 8 pm. Proceeds support the Wilberforce Heritage Guild, Wilberforce Fair and local FUNraising initiatives.

Wilberforce Red Cross Outpost Historic House
Wednesday, July 17

Outpost Scrabble 10:30 am Scrabble with extra points for words associated with the Outpost and its history.

Gooderham Music Festival
Saturday, July 27

Enjoy music from 1 pm to 8:30 pm at the Gooderham Community Centre bandstand. Rough Ideas and Ragged Company plus open mic sessions for Haliburton artists will join Genevieve Fisher. This is a free family event happening rain or shine. Please bring your own lawn chairs and bug spray.

Wilberforce Fair
August 9 & 10

Great fun for the whole family! Enter the competitions in advance or just come for the day. Get all the details WilberforceFair.com.

Visitor Information Centre Open

Our Visitor Information Centre at 2786 Essonville Line at the Wilberforce Curling Club, is open Thursday to Saturday and Monday 10 am to 4 pm, and Sunday 1 - 4 pm (closed Tuesday and Wednesday). We offer mineral permission to collect forms, directions, geocaching information and GPS rentals, trails, events, and other general area information. Free Wi-Fi is also available.

Cardiff Pool Summer Swim Program

We are excited to announce many fun activities happening this year at the Cardiff Pool!

Featuring:
- Open Swims and Parent and Tot Swims
- Fitness Swimmer Classes
- Swimming Lessons

Session 1: July 8th to 19th
Session 2: July 22nd to August 2nd
Session 3: August 6th to 16th

To Learn More:
- Make sure to check out our website or phone the office.
- www.highlandseast.ca/en/explore-and-play/swimming-and-swim-lessons.aspx
- 705-448-2981

Registration for swimming lessons is now available on our website!

Geocaching

Geocaching is a family friendly outdoor game. It's often referred to as "treasure hunting with a high tech twist" because you use the geocaching.com website and either a GPS device or a smart-phone. GPS Rentals are available from the Visitor Information Centre and come preloaded so you can start playing right away.

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Writing on the Senior Side

Let's go forest bathing

GAIL STELTER
Special to *County Life*

Put your Canada on! Put out your Canada flags. Sing your favourite Canadian songs. Wear your Canada hats and t-shirts. Attend Canada Day celebrations, or go camping and have a campfire and s'mores. Celebrate your way, but celebrate the best country in the world.

Celebrate with nature. Look up to the trees that surround us. Our life in Canada; our life in the Highlands is a sea of trees. I sat on my deck relaxing and looking up. I am so blessed to have a forest in my backyard. There are so many shades of green and so many types of trees. My lilac tree is in bloom. The baby maples are stretching high, and the giant maples cause me to strain my neck as I find their tops in the clouds. I hear the gentle breeze in those tree tops as branches sway and leaves rustle. I am not walking in the forest but with this pause and tuning into my senses I am, nevertheless, forest bathing.

The practice of Forest Bathing, also known as Shinrin-yoku, originated in Japan in the 1980s. The term "Shinrin-yoku" can be translated as "taking in the forest atmosphere" or "forest bathing." Stress-related illness and the increased exposure to urban environments and the associated stress and health issues led to a growing interest in finding ways to reconnect with nature.

The Government of Canada website tells us that forest bathing is a Canadian pastime that is a meditative practice where you immerse yourself in nature around you, via your senses of sight, sound and touch. Forest bathing is the antidote for "nature deficit disorder" where we spend less and less time outdoors and lose our valuable connection to nature and its benefits. Forest bathing is all about the art of slowing down. Walk slowly, with intention, and engage all of your senses; notice the trees, smell the air, feel the breeze, and feel the earth beneath your feet. Stop occasionally, close your eyes, breathe deeply and exhale slowly. Leave your devices behind or turn off your phone to tap into what forest bathing has to offer.

Do you remember rolling down hills in summer, jumping in piles of leaves in autumn, and crunching snow forest walks in winter? The closest forest in my childhood was a huge park in Humber Bay (we called it the park by the sewage plant) that was a short bike ride away. We laid our bikes against our favourite tree, climbed on the seat, and then onto the tree. The branches spread out from a round flat area and that is where four or five of us could sit. We played in that tree, had picnic lunches and shared our lives. We could easily spend all day in the forest and love every minute of it. We moved picnic tables to make forts and crawled in to whisper our deepest secrets. I was eight years old playing in that forest when I fell off my bike and broke my arm. It was all part of a child's forest life. The forest was our imagination's delight.

I wonder how many kids go and play in the forest the way we did. I wonder how many kids spend some time every day in natural settings. I worry, but my time to be the mom who says, "Go outside and play in the woods," is now over and, who knows, perhaps it is no longer safe for children to go and play in the woods. Sometimes I still want to say it anyway and sometimes I am glad I don't have that responsibility. I never had to deal with cell phones and video games. My kids gravitated to playing at the creek, in the nearby woods and to sports. I remember one day looking for my daughter to find her up a tree with a friend. I remember my son playing in the mud at a ballpark at his sister's game.

I said, "This is not a good place to play in the mud. Get out."

A little while later my friend said, "He's not in the mud now."

I looked around and couldn't find him.

"Look up," said my friend, "way up."

She pointed across the field. He was at the top of one of the tallest trees that boarded the baseball diamond. He was four years old. I never had to teach my children the joy of playing in the trees. I did have to keep a better watch on the four-year-old.

And now in our seniorhood, my delight is forest bathing in all its possible endeavours: a walk through the Sculpture Forest, a hike on a trail, or just sitting in my backyard forest. Forest bathing is, indeed, a Canadian pastime. According to nearly 40 years of research, forest bathing is an evidence-based wellness practice that has improved attention span, self-discipline and physical fitness. Time spent in nature is associated with decreased stress, improved mood, feelings of awe and reduced fatigue. Compared to urban walks, forest walks show a decrease in cortisol, a hormone produced when stressed, and a decrease in blood pressure and heart rate.

But you already knew this didn't you? Your love for Highlands is about loving nature, and when you combine this with igniting your blue mind: the surprising science that revealed how being near, In, on, or under water can make you happier and healthier, you cannot help but feel content.

I spend a lot of time sitting here at my computer writing, and sometimes days go by without going outside anywhere, never mind the forest. I know, however, that I will never suffer from nature deficit disorder because I will give myself a shake and go forest bathing and then ignite my blue mind with a refreshing swim in the lake.

Stop, smell, listen and surround yourself with the trees and forests. Make the most of Canada; our majestic county that boasts being home to a quarter of the Earth's wetlands, temperate rainforests and boreal forests; 20 per cent of its freshwater; the longest coastline in the world; and precious habitats for birds, fish, and mammals. We are the land of the silver birch, home of the beaver, where still the mighty moose wanders at will… blue lakes and rocky shores… you get the idea. Put your Canada on and go forest bathing. Ignite your blue mind. Sing and dance. Celebrate your way in your style.

Happy Canada Day!

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Hal High Monthly

Hal High Monthly is written by the Haliburton Highlands Secondary School leadership class featuring monthy school news.

What's New At Hal High?

By Avery Degeer (Gr 12), Cheyenne Lagace (Gr 12), Ethan Megrah-Poppe (Gr 12), Sofie Mills (Gr 12), Aiden Perrott (Gr 12), and Jocelyn Thompson (Gr 12)

June is a very busy month at Hal High preparing for the end of the school year and getting ready for summer vacation. The month started off with some colour for Pride Week and will end with the final exams! There were some exciting events in the middle, such as the athletic banquet to celebrate all of our student athletes and opportunities for students to visit and do crafts with classes at Stuart Baker Elementary School.

This June there was the grand opening for our new outdoor classroom in our school's courtyard! The Leadership Class's Outdoor Classroom committee worked hard to create the space which is now available for classes to use and enjoy.

This year we had a jam packed first week of June, which started with Pride week. Pride Week celebrated and showed our acceptance to the 2SLGBTQIA+ community within Hal High. We ended the week on Friday, June 7 with the much anticipated annual colour run, where students got colourful by running the track while our leadership class threw different coloured chalk at them to decorate their white shirts with the colours of the rainbow like the pride flag! After the run there were inflatables, rock painting, button making, cornhole, and much more.

The eventful month continued with the next event taking place being Prom, held at the Pinestone Resort and Golf Course. During this special night students were treated to a great meal and danced the night away. Huge shout outs go to the prom committee that has been working hard to plan this night since September. The teacher chaperones volunteered their time to make sure everyone was having fun in a safe and responsible manner. Thanks again to the Pinestone staff that provided food and a memorable night for all those that attended the HHSS 2024 Prom.

The annual HHSS athletic banquet also took place this month to recognize all the sports achievements from Red Hawks over the past year. HHSS had a total of 17 sports during the year! The highlights of the night were Female and Male Athletes of the Year, as well as the impact award. Abi Lewis took home the 2023-2024 Female Athlete of the Year as she dominated in four different sports this year including field hockey, volleyball, badminton, and soccer. Abi was recognized for all of her hard work and her leadership skills. The Male Athlete of the Year went to Aiden Perrott as he was able to thrive in golf, basketball, and badminton. Aiden demonstrated confidence and determination which made him a true competitor. Dan Gimbon was given the Impact Award as he has coached the Sr Girls Volleyball team for the past decade and. He has volunteered his time to help with the development of the girls volleyball program. His expertise and coaching skills have made him a Red Hawk legend.

Students are now entering the time of year where exams take place and will be studying hard to achieve their academic goals. The atmosphere at HHSS has been quite serious in the preparation for exams but there seems to be an air of anticipation ahead of the summer holidays.

Quoi de Neuf à Hal High?

Par Hazel Jones (Grade 10), Aurora Wesley (Grade 10), et Jordanna Jennings (Grade 10)

Le dernier mois au Hal High pour l'année 2023-2024 était très amusant, stressant et toujours occupé. Nous avons commencé le mois avec les membres du club Interact qui sont allés rendre visite aux résidents de Extendicare et ont égayé leurs journée. C'est la deuxième fois que le club Interact sont allés à Extendicare et souhaite continuer dans le futur.

Les présentations de YPI se passent aussi. Chaque année, YPI (Youth Philanthropy Initiative) donne 5,000$ à une charité locale. Chaque classe de Civisme et Carrière créer les présentations pour les charité locales, puis les étudiants votent pour la meilleure présentation de la classe. Les gagnants de chaque classe vont au les finales pour rivaliser pour le 5,000$. Cette année l'argent va au SIRCH! Toutes nos félicitations!

Maintenant les sports! Cette année 3 athlètes vont à l'OFSAA athlétisme. Graham Backus, Ben McMahon, et Addison Parish ont voyagé à London, Ontario pour rivaliser contre les meilleurs athlètes d'école secondaire dans l'Ontario. Graham Backus a eu 13ème place dans les obstacles 300m et 16ème place dans le 100m. Ben McMahon a concouru dans le disque et en a eu 18. Addison on concouru dans saut long ou elle on eu 20ème place et saut triple ou elle en eu 3ième place.

La cérémonie sportive était ce mois-ci pour célébrer les athlètes de notre école et reconnaître les grandes réalisations. Il y a beaucoup de prix et de reconnaissance. Des félicitations particulières à Graham Backus et Addison Parish pour gagner le Rising Hawk et Abi Louis et Aiden Perrot qui on gagner le Athlète de L'année

La première semaine de Juin est aussi la semaine de fierté. Pendant la semaine, il y a les jours d'esprits, les activités, et le vendredi, la course de couleurs. Chaque jour de la semaine il y avait des activités amusantes comme dessiner avec de la craie sur la rue, les arts et les artisanats, un match de frisbee dehors, du karaoké, et même faire du maquillage pour les enseignants. Vendredi, on avait la course de couleurs et c'était très amusant. Les élèves ont couru un tour de piste en même temps que les personnes du classe de Leadership ont lancé de la peinture sur les t-shirts blancs. On avait aussi des activités comme la peinture des roches, faire les artisanats, créer des buttons avec la bibliothèque publique et les châteaux gonflables. C'était une journée très amusante et une bonne façon de se détendre avant les examens.

Les diplômées ont dansé toute la nuit et vont bientôt récupérer leurs diplômes! Un grand bravo à tous nos diplômés! Le bal de promo était passé le 8 juin et la cérémonie de remise des diplômes a eu lieu le jeudi 27 juin à 19 heures. Bonne chance à tout le monde!

Les étudiants français en aussi voyager au SBES pour lire au le class de Madame Ward. Il y a 16 étudiants de tous les âges qui ont lu au les gens de première et deuxième année. C'est une bonne expérience pour tous les étudiants et ils se sont bien amusés.

On avait aussi une fantastique présentation de l'organisation MADD (Mothers Against Drunk Driving). Il y avait une vidéo et des informations à propos de conduire quand tu es ivre. Il y a des messages importants et c'est une bonne présentation interactive.

Hal High est aussi célébré l' ouverture d'un nouvel espace cette mois. Si vous êtes allé à Hal High, je suis sûr que vous vous souvenez tous du courtyard. Depuis des décennies, il est fermé, mais c'est ouvert encore! La classe de leadership de Mme Carr a travaillé sur des événements scolaires tout au long de l'année, mais cette année, un comité d'étudiants a travaillé dur pour rouvrir la cour. Aurora Wesley, Jordanna Jennings, Hazel Jones, Rosie LaFleur et Freyja Neimann-Rowe s'attaquent à cet espace depuis début avril. De nombreux dons généreux et l'aide de toute l'école ont rendu ce projet possible, alors un grand merci à tous ceux qui ont contribué ! La classe extérieure sera prête pour les réservations à l'automne ! On se voit là-bas!

Ce mois est le dernier mois d'école! Alors, c'est très occupé. Les dernières semaines sont pleines de projets culminants et de préparation aux examens. Les étudiants travaillent dur mais sont prêts pour l'été! Bonne chance pour les examens!

Students from HHSS' leadership class prepare the courtyard to become an outdoor classroom space. /Submitted

Hal High Monthly

Hal High Monthly is written by the Haliburton Highlands Secondary School leadership class featuring monthy school news.

Students participate in rock painting in the main hallway of the school. /Submitted

Leadership students serve as reading buddies with Stuart Baker ES students. /Submitted

Students carry in picnic tables for the outdoor classroom.

The completed outdoor classroom space created by the leadership class.

Beat the heat: staying cool, safe and health

Prepare and protect yourself and your family from hot weather conditions this summer.

As we move into warmer weather, the Haliburton, Kawartha, Pine Ridge (HKPR) District Health Unit is sharing reminders of the significant health risks people can experience during extreme heat conditions, and how individuals and families can best prepare and stay protected this summer.

In Southern Ontario, heat warnings are issued by Environment and Climate Change Canada. Residents are encouraged to sign up to receive local weather alerts including extreme heat conditions so that they can take appropriate public health measures to protect themselves.

Everyone's health can be affected by extreme heat and hot weather conditions. However, some people are at a higher risk of experiencing heat-related health impacts including infants and children, older adults, people with pre-existing medical conditions and people taking certain medications, people who lack adequate shelter or who are unhoused, newcomers to Canada, outdoor workers, and sports/outdoor enthusiasts.

"Due to the impacts of climate change we are seeing an increase in temperature and duration when it comes to extreme heat conditions," said Bernie Mayer, Manager of Environmental Health with the HKPR District Health Unit. "By understanding the risks and taking preventative measures to stay cool, hydrated and informed, you'll better protect yourself and others during extreme heat conditions."

Heat-related illnesses can develop quickly and should be monitored carefully. Signs and symptoms include:

- Heat Rash: red or pink rash usually found on the neck, chest and/or elbow creases.
- Heat Cramps: painful muscle cramps.
- Heat Exhaustion: heavy sweating, weakness, dizziness, nausea, vomiting and fainting.
- Heat Stroke: headache, dizziness, confusion, and fainting; skin may be hot and dry or damp; this is a medical emergency and 9-1-1 should be called right away.

The HKPR District Health Unit emphasizes that heat-related illnesses are preventable, and it is important to stay cool and well-hydrated. Here are some steps you can take to prepare and get through extreme heat events.

- Stay Cool: Avoid direct sun exposure and wear light-coloured, loose-fitting clothing. Avoid strenuous activities, take extra breaks, and plan outdoor activities during cooler parts of the day. Take cool showers or baths. Use a fan and aim the airflow in your direction. Spend time in air-conditioned spaces, such as a community centre, shopping mall, grocery store, or public library. Never leave people or pets inside a parked vehicle or in direct sunlight.
- Stay Hydrated: Drink plenty of cool liquids, especially water, even if you don't feel thirsty. Include fruits and vegetables with high water content in your diet.
- Stay Informed: Contact your local municipality for information on air-conditioned cooling centres during extreme heat. Sign up for local weather alerts to be notified of upcoming extreme heat conditions and take appropriate measures to protect yourself and others. If you are taking medication or have a health condition, be sure to consult with your healthcare provider or call Health811 to find out if your health risk increases in the heat or if your skin becomes more sensitive to ultraviolet (UV) rays.
- Food Safety: Don't keep food at room temperature for more than one hour during extreme heat conditions. Use a cooler with ice to keep food cool when travelling and avoid leaving groceries or food in the car. Always remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Harmful bacteria can grow in as little as two hours in this temperature range.

For more information on how to prepare for extreme heat and protect your health, please visit: hkpr.on.ca/Heat -30-

Submitted

Seasons

Thunder, rumbling, through the hills,
Rain, lashing the trees and Lake that I can't see, as I lie awake,
listening to the storm splintering the silence of midnight Sky,
flashes of lightning piercing the blackness floating behind my eyes,
as I curl tighter beneath the covers like a question mark, listening to
Sky unleash its fury,
Rain drenching spring's last breaths, as summer thrashes in the darkness,
hearing earth's heartbeat growing stronger as it bursts into being,
the forests and Rivers and Lakes welcoming its arrival,
the leaves trembling on their trees as Rain soaks their flesh,
Rivers, slithering like snakes in the night, Lakes, floating beneath a moonless Sky,
its blackness birthing morning Sun so bright, it seeps through a crack in the
curtains and into my sleep,
the light flooding the space behind my eyes, as they flutter awake,
my limbs kicking off the covers like branches thrashing in a storm that's
already passed,
the quiet of Sky, as I open the curtains and blink up at all that blue,
greeting summer, Good Morning, as I slide the window open, letting rivulets of
warm Air trickle inside,
inhaling the first breaths of summer, as I slip into my flip-flops and pad Outside,
watching a robin drink from a puddle of grass, sparrows flitting from the
branches of trees,
that somehow seem greener than they did yesterday,
sunlight streaming through the spaces between leaves,
that flutter in the breeze like hundreds of small hands waving Hello,
crows screeching in the willows, in the park across the street,
but not even their morning bickering rumples my mood, and I greet them a quiet
Good Morning, too,
wondering what they are conversing about, as my feet lead me towards the Lake,
passing branches that were felled by the storm, pausing to ruffle the leaves that
are now treeless,
that won't get to see summer bloom, the crows' caws muffling the other
birds' song,
as I meander my way towards the Lake, passing the spot where a willow
used to grow,
its stump still rooted to the earth,
a squirrel skittering past it, wondering whether it remembers
darting up the willow's trunk,
as its summer branches, swayed in the breeze, so many storms and seasons
have passed,
and the stump is still here,
rooted deep as memories of summers past, as I slip off my flip-flops,
feeling the pebbles tickle the soles of my feet, wavelets, slurping my toes,
as I squint at the diamond light glinting on the water,
greeting the Lake, Good Morning.

Sylvie Kalenda

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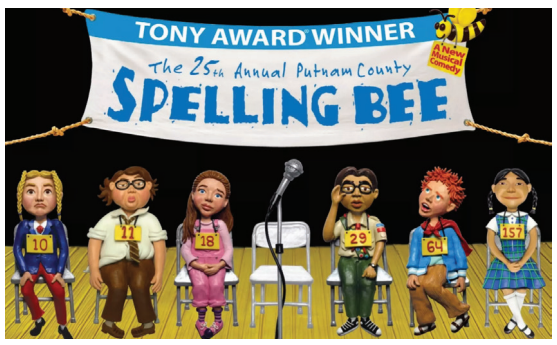
2024 Season Passes Still Available

July 2nd to July 11th



Sponsored by BMO Bank of Montreal

Six awkward spelling champions learn that winning (and losing) isn't everything in this delightful musical An eclectic group of six mid-pubescents vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves a champion! At least the losers get a juice box.

A riotous ride, complete with audience participation, ***The 25th Annual Putnam County Spelling Bee*** is a delightful hive of comedic and musical genius.

Opens July 2 through to July 11 for nine performances, including two matinees.

July 15th to July 23rd

The Miracle Worker
by William Gibson

Twelve-year-old Helen Keller lived in a prison of silence and darkness. Deaf, blind, and mute from an illness as a baby, with no way to express herself or comprehend those around her, she flew into primal rages against anyone who tried to help her, fighting tooth and nail with a strength born of furious desperation.

Then Annie Sullivan came. Half-blind herself, but possessing an almost fanatical determination, she would begin a frightening and incredibly moving struggle to tame the wild girl no one could reach…Opens July 15 for eight performances including three matinees.

July 24th to July 26th

Highlands Summer Festival is delighted to present ***The Good Lovelies***, a Canadian folk/country harmony trio, consisting of Caroline Brooks, Kerri Ough and Sue Passmore. At their core they can be described as a country/folk trio, with tinges of pop, roots, jazz and sometimes hip-hop mixed in.

The group's three members, Brooks from Whitby, Ough from Port Hope and Passmore from Cobourg, were all performing as solo artists in the Toronto area when they came together in 2006 to perform at a Christmas concert at Toronto's Gladstone Hotel. The three subsequently decided to continue working together, releasing their debut EP, Oh My, in 2007. Since then, they have released nine LPs including the latest We Will Never Be The Same in 2023. In 2018, they performed at Massey Hall in Toronto and were nominated for a Canadian Folk Music Award. The trio is on stage for three performances, July 24, 25 and a matinee 26.

July 28th to August 2nd

Sarah, a turkey farmer, has split up with her husband and moved in with her mom, Gail, a beekeeper. Add in Earl, the flirty neighbour, and Ben, an eager young graduate student, and you have the perfect breeding ground for unlikely attractions. Set in adjoining bedrooms, ***The Birds and the Bees*** is a Canadian comedy about love, lust, beekeeping, and the artificial insemination of turkeys.

Six performances from July 28 to August 2.
*(**The Birds & The Bees** contains mature content and discussions of sex.)*

August 4th to August 8th

Back by popular demand, Highland Summer Festival presents Leisa Way and her Wayward Wind Band with another outstanding concert, ***Opry Gold***. To share the Grand Ol' Opry's history is to share the story of Country Music.

Leisa Way and her phenomenally talented band have brought audiences many great shows, and this latest concert raises the roof with the hottest country songs from the last few decades. Sing-a-long to Johnny Cash, Shania Twain, Vince Gill, Loretta Lynn, Patsy Cline, Lady Antebellum, Kenny Rogers, Dolly Parton, Charlie Daniels, Zac Brown Band, Willie Nelson, Tammy Wynette, George Jones, Garth Brooks, Tim McGraw, Faith Hill, Hank Williams, Merle Haggard, Glen Campbell, Taylor Swift, Darius Rucker, Kenny Chesney, Gretchen Wilson, George Strait, Roger Miller, Flatt & Scruggs, Ricky Scaggs, Hank Snow, Roy Acuff, Alan Jackson, and more!

Five performances starting August 4 to August 8.

Season passes and single tickets are available online at:
highlandssummerfestival.on.ca

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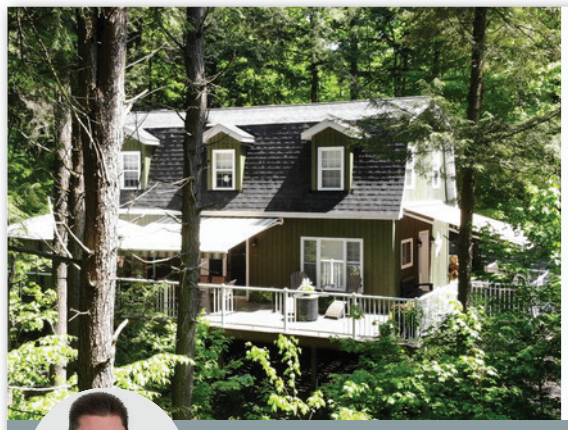

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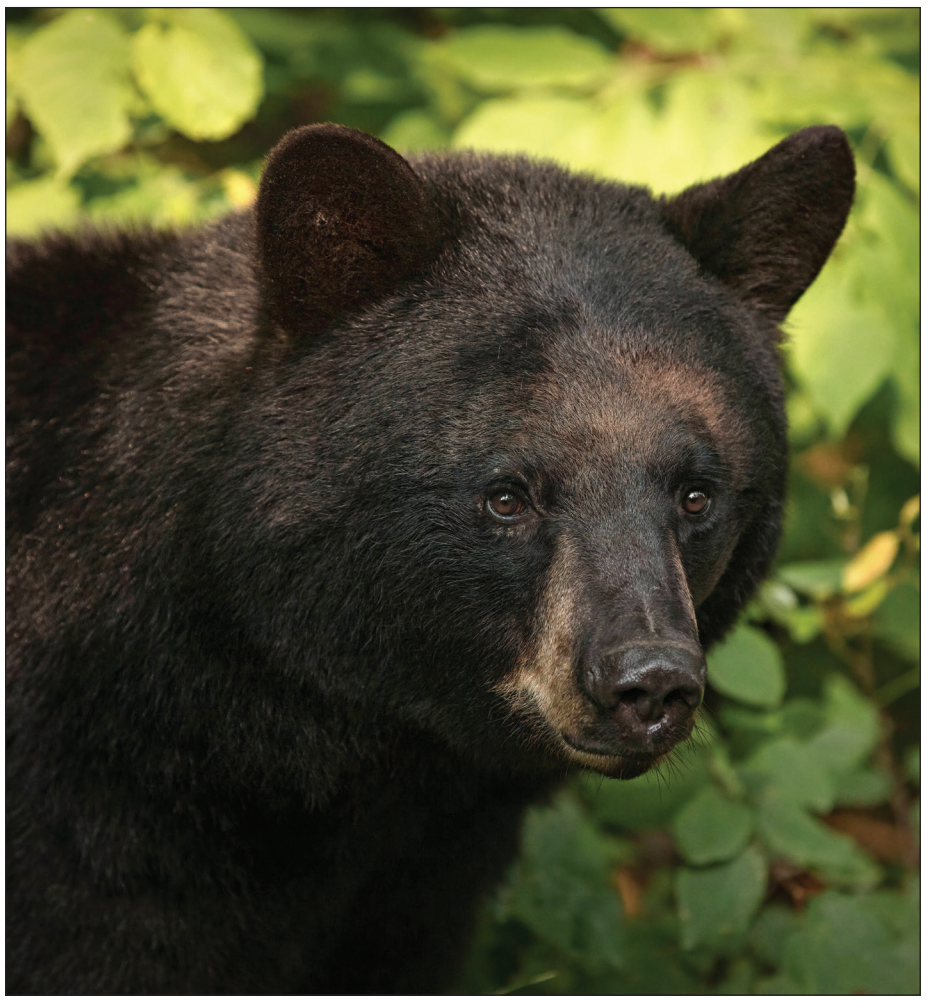

A black bear mom watches over her cubs. /Submitted by Tammy Nash

A black bear cub, covered in mud to keep the bugs off. /Submitted by Tammy Nash

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Ducklings swim by the shore. / Submitted by Jill Moulton

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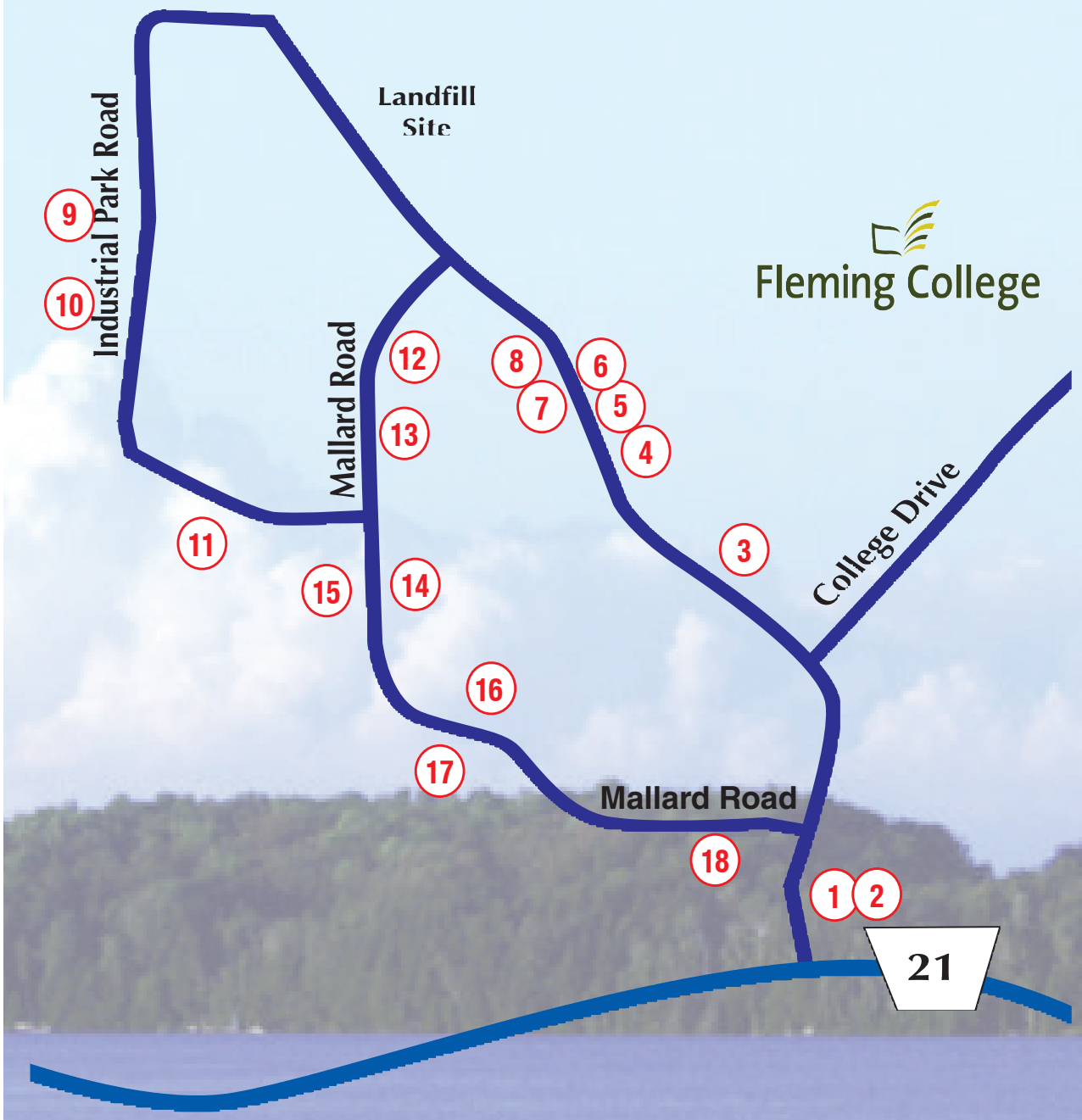

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A female Widow Skimmer Dragonfly. /Submitted by Jill Moulton

Left, a Great Blue Heron. /Submitted by Jill Moulton

Some beautiful wildflowers. /Submitted by Jill Moulton

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August 25 | 2:00-4:15pm (No chat)
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Pre-performance chat @6:30pm.
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Monday, July 29 | 7:30-8:45pm
Abbey Gardens, Haliburton
Relaxed chat & pop/folk/broadway music

'MUSIC ON THE WATER'
Saturday, August 10 | 6:00-7:00pm
Mountain Lake, Fairfield Bay, Minden
All styles of music! Water access only

'CASUAL SONG SOIRÉE'
Monday, August 12 | 7:30-8:45pm
St. George's Anglican Church, Haliburton
A mix of songs in a relaxed atmosphere

CONCERTS

'OPERA TO BROADWAY'
Thursday, August 1
7:30-9:00pm | St. George's Anglican Church, Haliburton

'POP GOES THE OPERA!'
Wednesday, August 7
7:30-9:00pm | Abbey Gardens Performance Tent

'HOMECOMING: HOS ALUMNI IN CONCERT'
Monday, August 19
7:30-9:00pm | St. George's Anglican Church, Haliburton

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CELEBRATING POP TO OPERA!
Friday, August 16 | 7:30-9:00pm
Northern Lights Pavilion, Haliburton
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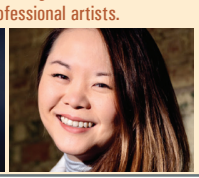

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Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo starts at 7 p.m. First Wed of each month - $1000 jackpot, rest will be a $500 jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
Thursdays: General Meeting third Thursday of the month, starting at 6:30 p.m. All members urged to attend. Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
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Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
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LIVE MUSIC CALENDAR

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A bumblebee polinates flowers. /Submitted by Jill Moulton

A Ruby Throated Hummingbird. /Submitted by Jill Moulton

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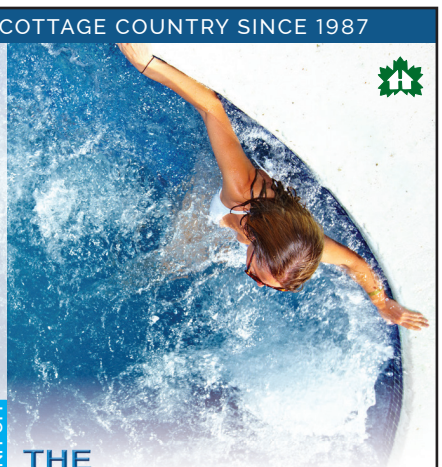

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Haliburton Rotary

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Tuesday, June 25th • 6:30pm ★ SUZIE VINNICK ★
Tuesday, July 2nd • 6:30pm ★ SHANNON BUTCHER ★
Tuesday, July 9th • 6:30pm ★ RAGGED COMPANY ★
Tuesday, July 16th • 6:30pm ★ ADVERSE CONDITIONS ★
Tuesday, July 23rd • 6:30pm ★ RADIO ROCKERS ★
Tuesday, July 30th • 6:30pm ★ ALBERT SAXBY WITH GORDIE TENTREES ★
Tuesday, August 6th
Children's Entertainment 5:30–7pm • BBQ Beef on a Bun @ 5pm
Rotary Car Draw @ 8pm • 7pm: ★ JEFF MOULTON & FRIENDS ★
Tuesday, August 13th • 6:30pm ★ GORD KIDD AND FRIENDS ★
Tuesday, August 20th • 6:30pm ★ JESS KNIGHTS WITH NICK RUSSELL ★
Tuesday, August 27th • 6:30pm ★ THE RECYCLED TEENAGERS ★

- Admission by Donation, all proceeds to go to Rotary community service projects
- Bring a Chair or Blanket
- Family-Friendly, All Are Welcome!

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FOR MORE INFORMATION: rcofhaliburton rcofhaliburton

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Yard Sale 199 Pine Avenue in Haliburton Saturday June 29th starting at 9 a.m. Outdoor equipment, canoes, outboard motors, electrical equipment, household goods and more!

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Billet families play an integral part in the success and support of each player.

We ask that our players be welcomed into your home, treated like part of your family, and be provided with basic necessities during the season.

It is important that we work together to ensure the rules of your home and our team are respected by our players.

Players attend mid-August to mid-April

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- Provide healthy meals and snacks
- A bedroom of their own
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The moths are back

Adult Forest Tent caterpillers are swarming to the night lights.

For the next three or four weeks, Haliburton will be bothered by the aftermath of this spring's invasion of Forest Tent Caterpillars.

The adult versions of these insects are now emerging from their cocoons and can be seen swarming around street lights and store windows at night. According to Gary Clements from the Ministry of Natural Resources, large numbers of these moths will be evident for the next few weeks.

A few weeks ago most of the caterpillars that were devouring the area's tree tops went into their pupa stage. Now the moths are out in force, laying their eggs for next spring's crop of caterpillars.

The moths have a life span of about two or three days when they mate and lay their eggs. Eggs are laid in groups of 100 or more, cemented together in bands which completely encircle a twig, and covered with a glue-like protective coating.

The Forest Tent Caterpillar moths are buff brown with three dark bands running across each forewing. They are normally in flight from late June until early August.

This is the second year of infestation in the Highlands, and Clements says the bugs will probably be around in large numbers for at least another two years before the population collapses. These infestations are a natural occurrence, happening every 10 to 12 years.

In the order of good news, Clements says the number of parasitic flesh flies is increasing. These flies are one of the factors which help bring about the collapse of caterpillar populations. The bad news is that the flies can be a greater nuisance to people even than the caterpillars or moths.

At night time, the moths can be seen swarming around street lights, which is one of the reasons why the trees around the Minden Post Office were covered so completely by the tiny caterpillars in the spring. One thing is certain, said Clements. Those trees that are near bright street lights will be covered with caterpillars again next spring.

It is possible to protect valuable forest stands with the use of spray, as soon as the caterpillars begin feeding in May. However, in most parts of Haliburton, this is not practical. Small trees around homes and in recreational areas can be protected to a degree by removing the egg clusters. This is best done in the winter when the egg masses are easily observed.

Beat the heat

With temperatures reaching record highs throughout most of last week, there was no better place to be than Rotary Beach. The popular public beach on the Gull River in Minden is a favourite watering hole for old and young alike.

Blood donor clinic tomorrow

The need never ends.

Whether you are on vacation, busy with summer business or simply relaxing under a tree, the need for a constant supply of fresh blood continues.

This week the Red Cross will be holding a blood donor clinic to help meet the need for transfusions and bolster the drop in donations received at their regular city clinics. The clinic will be held at the Haliburton Legion, Tuesday, July 12, from 2 to 8:30 p.m.

So why not take time out from your holiday, slip away from the busy shop for an hour or rouse yourself from under that tree and make sure the need is met.

Dysart receives sewage works grant

The township of Dysart et al has received $21,856 as first payment for a sewage works project, John Eakins, MPP for Victoria - Haliburton, announced on behalf of Environment Minister Jim Bradley.

The project includes expansion of the sewage treatment plant in the village of Haliburton.

The money is part of a grant estimated at $1,133,300, which is a provincial contribution toward the total cost of the project, estimated at $1.4 million.

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